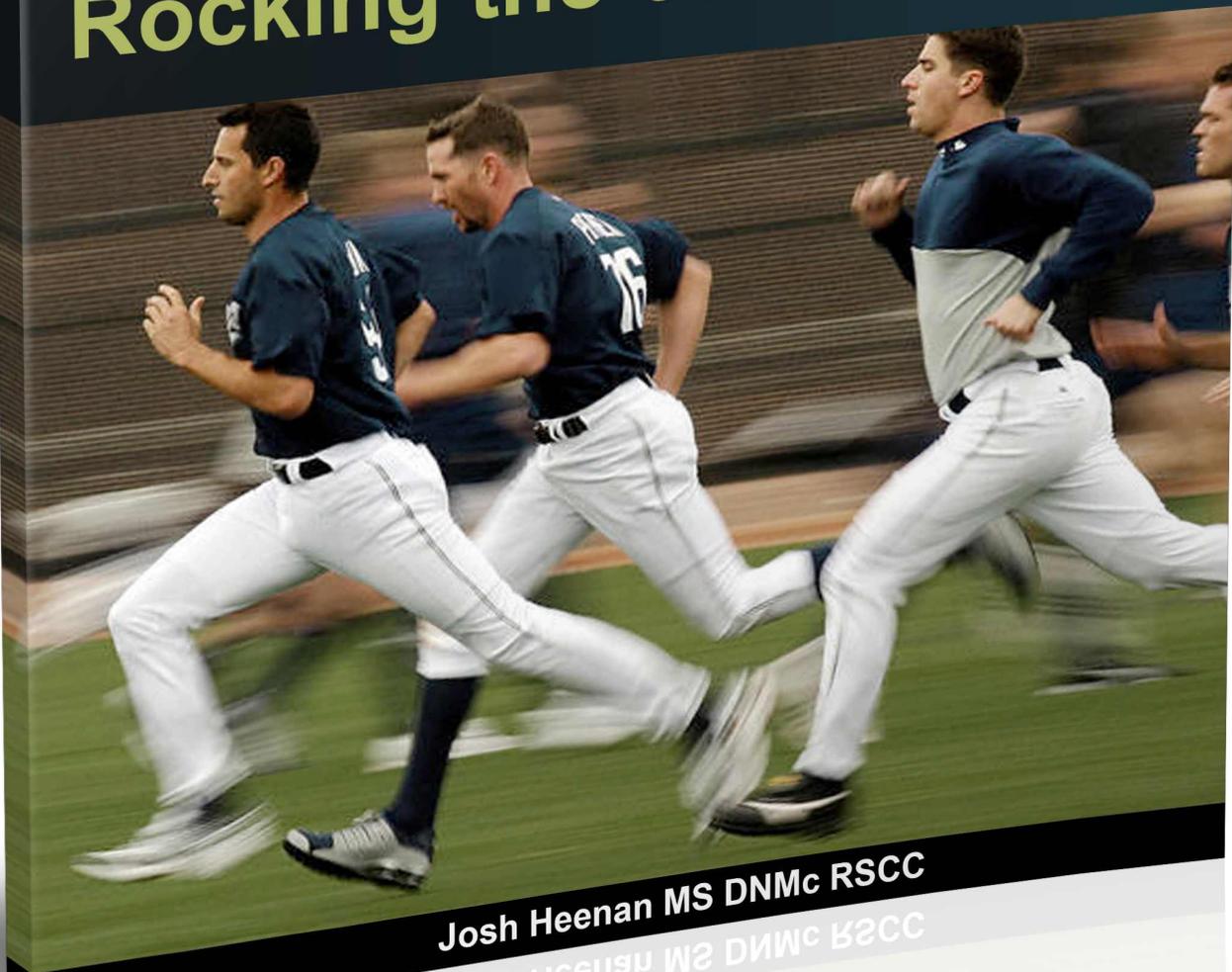


# Building the Perfect Pitcher

Rocking the 60-Yard Dash



Josh Heenan MS DNMc RSCC

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For more information, please contact:

Josh Heenan

Email: [Joshua.heenan@gmail.com](mailto:Joshua.heenan@gmail.com)

Website: <http://www.joshheenan.com>

## Disclaimer

The information in this book is offered for educational purposes only; the reader should be cautioned that there is an inherent risk assumed by the participant with any form of physical activity. Please consult your physician prior to starting any exercise related activity. Anyone participating in these activities should understand that such training initiatives may be dangerous if performed incorrectly, and may not be appropriate for everyone. The author assumes no liability for injury; this is purely an educational manual to guide those already proficient with the demands of such programming.

The 60-yard dash is often one of the first quantitative tests scouts at both the college and professional levels wish to see performed well.

This test has been deeply engrained into the dogma of baseball, while science and many coaches believe that there are better options. The 60-yard dash tests acceleration, top speed, and maintenance of top speed over 180 total feet. In general, baseball is a sport of acceleration and deceleration, not top speed. Regardless of its applicability many coaches and scouts use it as a gauge of athleticism and should at least be a consideration for athletes wanting to be seen as competitive. Here's a case study to show how we address improving speed.

As an incoming freshman shortstop at Sacred Heart University, John Murphy had a 7-7.1 60-yard dash. With a front squat max of 245 and a vertical jump of 25 inches his

power and strength was considered average to below average for SHU's program.

My favorite test for both power and asymmetries is the single leg triple jump (SLTJ). The test is performed by standing on one leg and making 3 consecutive broad jumps on the same side while remaining in control. The goal is to jump as far away from the starting point while sticking each landing. When there is a side-to-side discrepancy of over a foot I investigate deeper to see if we are dealing with strength deficit or something more structurally.

Scoring an average of 21 feet on each side puts John right in the middle of a team average of 22, nothing special to say the least. The ability to apply force into the ground and accelerate your body forward gives us a nice picture of single leg power and a large carryover to running.

John Murphy Collegiate S/C Progress

	1 RM F Squat	SLTJ	Vertical	Bodyweight	F Squat:BW	60 yard dash
Fall 09	245	21 ft	25 in	174	1.4	7
Fall 10	285	23 ft	28 in	177	1.6	?
Fall 11	305	24 ft	30 in	185	1.6	?
Fall 12	325	26 ft		185	1.8	6.5

As you can see in the chart, as the years progressed, John’s squat, single leg triple jump, vertical jump, and front squat to bodyweight ratio make improvements every year. Increasing relative strength compared to bodyweight and teaching how to increase force production once movement dysfunctions are addressed will consistently increase speed—more importantly acceleration.

By John’s senior campaign he had been clocked as low as 6.5 in his 60 and was easily the most powerful athlete in his program. Looking back at his freshman year 21 foot triple jump (7 feet per jump) and increasing it to 26 feet (~8 ½ feet per jump) is a very large difference. This effectively lengthens his stride without changing his mechanics and drops 3-5 strides or ground contacts during his 60-yard dash,

dramatically decreasing his time to plus speed in the eyes of MLB organizations.

### **Common Trends in Great 60-yard dashers:**

- Front Squat is 1.5-2x their bodyweight (full depth)
- 10+ Perfect Pull-ups
- Single Leg Triple Jump is 26+ feet each side (symmetrical)
- Broad Jump is 8+ Feet

By implementing the Building the Perfect Pitcher Program we will be working on all of these simultaneously, but you must make sure that diet is in check so your muscle mass to fat mass is conducive to do 10+ pull-ups.